



# whole grains

## WHOLE GRAINS. BIG GAINS.

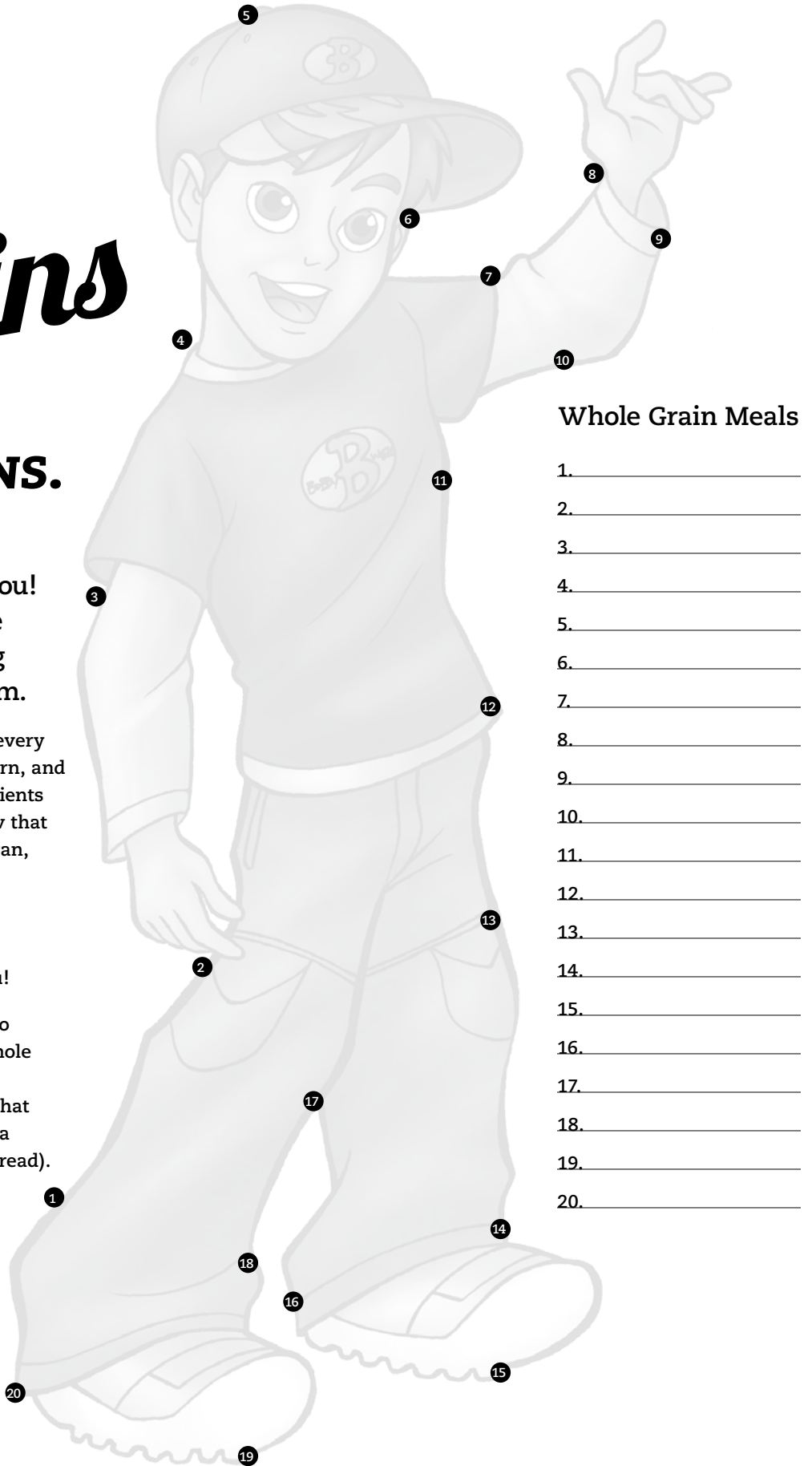
Whole grains are good for you!  
Fiber, for a healthy digestive system. Vitamins, for strong muscles and immune system.

Make sure half of the grains you eat every day are whole grains such as oats, corn, and whole wheat bread. Check the ingredients list for the word "whole" so you know that you're getting the whole grain: the bran, germ and endosperm.

Whole grains give you lots of energy and help you grow big and strong!  
Bobby B. is still growing, just like you!

First, hang this on your refrigerator so you remember to fill it out and eat whole grains everyday! Then, each day, list one meal that you've eaten that day that contains a whole grain (for example, a turkey sandwich with whole wheat bread). Connect one dot daily for each whole grain meal listed (a total of 20 days). Afterwards, color in the picture and share with your family!

For more fun games,  
go to [EatWellBeWell.org](http://EatWellBeWell.org).



### Whole Grain Meals

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